

VARIOUS OTHER SUBJECTS

Slim Forever The French Way by Michel Montignac. Toronto, Canada: Dorling Kindersley, 2005. Explains how to properly select and combine the foods you eat for improved health and metabolic functioning.

On Writing: A Memoir of the Craft by Stephen King. New York, NY: Pocket Books division of Simon & Schuster, Inc., 2000. Even though you may not enjoy Stephen King's books, you'll learn a lot about writing and how this engaging person came to be the way he is.

Quilting by Hand: Simple Stitches, Exquisite Quilts by Jinny Beyer. A great instruction book, nuts and bolts of how to do it, extremely helpful photographs and well-written text.

Around the Block: 200 Rotary-Cut Blocks in 6 Sizes by Judy Hopkins. An outstanding resource for helping you plan your quilt.

Quilting for Dummies by Cheryl Fall. A useful first book.

Your First Quilt Book (or it should be!) by Carol Doak. Despite emphasis on machine piecing, nonetheless contains much useful information for the beginner.

The New Sampler Quilt by Diana Leone. Takes the beginner from A to Z to get started.

Drawing on the Right Side of the Brain by Betty Edwards. An amazing drawing-instruction book, great fun.

Improve Your Vision Without Glasses or Contact Lenses. The American Vision Institute. A neat little book incorporating a program of therapeutic eye exercises to maintain eyes and eye muscle tone. We brush our teeth and comb our hair—so why don't we take care of our eyes?

Eats, Shoots and Leaves: the Zero Tolerance Approach to Punctuation. by Lynn Truss. A hilarious and highly informative explanation of the essential role that punctuation plays in communicating information.

Drawing on the Right Side of the Brain by Betty Edwards. An amazing drawing-instruction book, great fun.

Made in America: an Informal History of the English Language in the US by Bill Bryson. Interesting study of the American language.

Moneyball: The Art of Winning an Unfair Game by Michael Lewis. How statisticians outfoxed the gurus of conventional wisdom for the Oakland Athletics. Couldn't put it down.

